



## PHYSICAL FITNESS TEST PROCEDURE N. H. POLICE STANDARDS & TRAINING

WE WILL REQUIRE CANDIDATES MEET AT LEAST THE 35TH PERCENTILE NORMS UPON ENTRY (MEANING THEY ARE AS AT LEAST FIT AS THE LOWER 35TH PERCENTILE OF THE POPULATION OF THAT AGE AND SEX) AND UPON GRADUATION TO HAVE PROGRESSED TO AT LEAST THE 45TH PERCENTILE (I.E. BE AS FIT AS HALF THE POPULATION OF THAT AGE AND SEX).

### I. **1.5 Mile Timed Run**

This is a test of the aerobic power that is so important to police officers when responding physically in an emergency situation. This test requires nearly exhaustive effort or at least the level of the higher intensities at which the individual has been training. It takes place on an indoor or outdoor track (six laps of a 440 yard track is 1.5 miles; or other suitable, relatively level running area, and is measured with a stopwatch. Participants should do some stretching and warm-up exercises prior to the test, and allow adequate time for cool down by walking or jogging at a slow pace following the test. Candidates will enter at the 35th percentile and exit at the 45th percentile.

### II. **One-Repetition Bench Press**

This is a test of adequate muscular strength, or the amount of tension a muscle can exhibit in one maximal contraction. Since the bench press goes through the full range of motion, it correlates well with total body strength criterion. The equipment required is either a barbell bench and a barbell set, or a Universal gym or similar piece of equipment, with adequate weight capacity. The person in charge estimates the weight that an individual can press in one maximum effort by loading the weights to either about one-half the estimated maximum weight or for males, two-thirds of their body weight; or for females, one-half of their body weight. the individual is then instructed to press this weight once, for an easy warm up. You then increase the loading by increments of ten pounds or more (five pounds or more as the individual gets closer to his/her maximum). Tell the person to lift each individual weight once, then load the next increment. The first three or four reps serve as warm-up lifts to prevent muscle injury and prepare the candidate for a maximal lift on the fifth or sixth effort. The score is the maximum pounds lifted in one repetition. (If Universal equipment is used, record the number on the right.)

### III. **Push-ups**

This is a test of dynamic muscular endurance, or the ability to contract the muscles repeatedly over a period of time which indicates efficiency in movement and the capacity to do work. It focuses on the shoulder girdle (deltoid, pectorals, triceps) which is important in defensive tactics, handcuffing and rescue operations. Candidates must keep their legs and back straight and knees off the ground at all times and from the "up" position, lower themselves to the floor until their chest touches within 3 inches, then push to the "up" position again. The total number of push-ups with correct form are recorded as the score. Females are allowed to use the modified female push up position.

### IV. **Sit-ups**

This event measure the dynamic muscular endurance of the abdominal area which is important in the prevention of injuries while doing police work. The candidate lies on his/her back, knees bent, heels flat on the floor, with a partner holding the feet down, then does as many sit-ups in correct form as possible in one minute. In the "up" position, the candidate must touch his/her elbows to their knees, and both shoulders should touch the floor in the "down" position. the score is the number of correct sit-ups in one minute.